

A PROJECT OF THE MISSOURI GOVERNOR'S COUNCIL  
ON PHYSICAL FITNESS AND HEALTH

## What is Body Walk?

Body Walk provides an action-oriented, fun experience for children in grades K-4. The exhibit features larger-than-life displays of several body processes to give participants the feeling that they are actually journeying through a human body. Appropriately dressed "guides" give additional information along the journey. Through these demonstrations, Body Walk shows the children how they can keep their own bodies working most efficiently.

The health messages of Body Walk are to eat a wide variety of foods in moderation and to stay physically active.

## Why Body Walk?

Good nutrition and healthy living habits are essential to a fit body and a strong mind. The earlier we learn this lesson, the more likely we are to adhere to it and pass it on. Because the key to learning healthy habits is knowing how the body works — how it grows, breathes, and heals itself — and because people learn best through hands-on experiences, Missouri's Governor's Council on Physical Fitness and Health is sponsoring the Body Walk.

SHOW-ME

# BODY WALK

Body Walk features several body "stations" where children can participate in hands-on activities. It all begins in the mouth.

## Who is Body Walk For?

Body Walk comes at an opportune time in Missouri. The 1993 floods devastated many families, particularly children. Learning how the body reacts to stressful situations can help children better understand their own reactions and those of their families. This knowledge is invaluable in helping to

prevent some of the problems associated with severe stress, including alcoholism and other drug abuse. Because 111 of the state's 114 counties were affected by 1993 floods, this knowledge must be widely communicated to be effective.

## How Will Body Walk Travel?

Through the generosity of various co-sponsors, Body Walk will be available to schools and organizations by Spring 1995. The exhibit will be transported in a van and set up by Body Walk coordinators. Prior to Body Walk's arrival, participating groups will receive educational materials and information on recruiting people to serve as tour guides at the various stations.

## Body Walk: The Beginnings

Body Walk was developed by the Idaho Dairy Council and the Idaho Dietetic Association. It has been offered in Missouri by the St. Louis District Dairy Council.

## MAUTH

Here, children learn about dental hygiene.

## SKIN

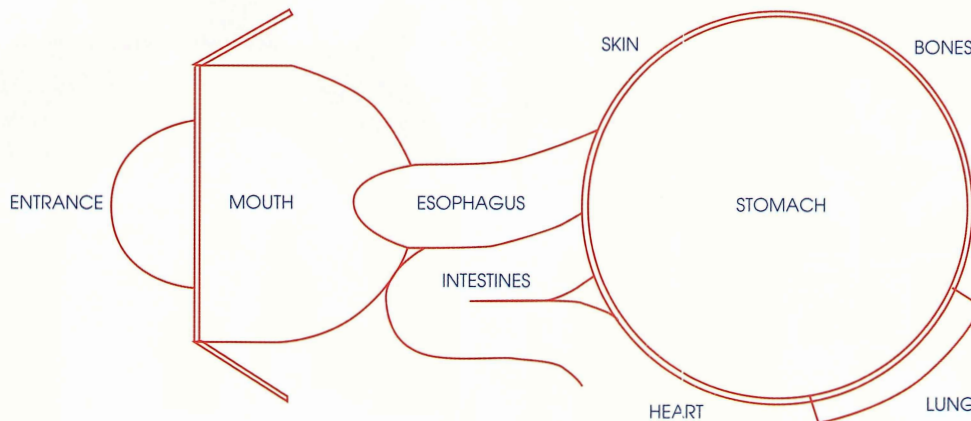
Children learn how to care for the largest organ of all.

## BONES

Children discover the importance of calcium-rich foods for healthy bones.



Following a trip through the esophagus, the children learn about the food groups.



## MUSCLES

After hitching a ride through the blood vessels, the children learn about strength and endurance.

## INTESTINES

Here, the "Super Villi" explain how foods are digested and absorbed.

## HEART

The children listen to their own heartbeats, before and after exercise.



## LUNGS

Here, the children examine how lungs work.



## We Need Your Help!

Individuals, businesses and organizations interested in improving the health and physical fitness of Missouri's children have the opportunity to help sponsor Body Walk. The exhibit is being constructed in 1994 for statewide use. For sponsorship information, please contact the Governor's Council on Physical Fitness and Health at 314-751-0915, or write the council at the Harry S Truman State Office Building, P.O. Box 809, Jefferson City, MO 65102.



## The Governor's Council on Physical Fitness and Health

The Governor's Council is an advisory board composed of individuals who assist the governor in the fields of physical fitness and health. The council is constantly developing projects and new ways to improve the level of health and physical fitness of all Missourians. On-going projects include the Show-Me State Games and the National Employee Health and Fitness Day in Missouri, both held annually.

